

Please bring your own mat, water and sweat towels. Schedule subject to change.

**Black= Fitness Studio, Pink=Clara Barton Room, Orange =Gymnasium, Green=Cycling Studio, Blue= Pool**

### MONDAY

- 5:30AM HIIT
- 6:00AM **Manic Monday**
- 8:00AM Pilates
- 8:00AM **AquaFit**
- 9:00AM Barre
- 10:00AM **Active Older Adults**
- 10:00AM Gentle Yoga
- 12:00PM Zumba
- 1:00PM **AquaFit**
- 5:00PM **BODYPUMP**
- 5:00PM Yoga Sculpt
- 5:30PM **Group Cycle**
- 6:15PM TRX

### WEDNESDAY

- 5:30AM **Cycle Express**
- 5:30AM PiYo
- 6:00AM **Strength & Conditioning**
- 8:00AM **Body Sculpt**
- 8:00AM **AquaFit**
- 9:00AM HIIT
- 10:00AM **Active Older Adults**
- 10:00AM Line Dancing
- 12:00PM **BODYPUMP**
- 1:00PM **AquaFit**
- 4:00PM Yoga
- 5:00PM Zumba
- 5:30PM **Group Cycle**
- 6:00PM Stretch & Flex

### FRIDAY

- 5:30AM **Cycle Express**
- 6:00AM **Fun Fit Friday**
- 6:00AM HIIT
- 8:00AM Pilates
- 8:00AM **AquaFit**
- 9:00AM Zumba
- 9:00AM **Cycle Express**
- 10:00AM **Active Older Adults**
- 11:00AM Line Dancing
- 12:00PM **BODY PUMP**
- 1:00PM **AquaFit**

### TUESDAY

- 5:30AM **BODYPUMP**
- 8:00AM **BODYPUMP**
- 8:00AM **AquaFit**
- 9:00AM Cardio Blast
- 10:00AM **QiGong/TaiChi**
- 10:00AM Yoga
- 12:00PM 20/20/20
- 4:00PM Beginner Yoga
- 5:00PM Barre
- 6:00PM **AquaFit**

### THURSDAY

- 5:30AM **BODYPUMP**
  - 8:00AM **BODYPUMP**
  - 8:00AM **AquaFit**
  - 9:00AM Barre
  - 10:00AM **QiGong/TaiChi**
  - 10:00AM Yoga
  - 12:00PM Cardio Blast
  - 4:00PM TRX
  - 5:00PM Yoga
  - 6:00PM **Beginner BODYPUMP**
  - 6:00PM **AquaFit**
  - 6:00PM Prenatal Yoga \*
- \*Reservations Required

### SATURDAY

- 7:00AM **BODYPUMP**
- 9:00AM HIIT
- 9:00AM **Group Cycle**
- 10:00AM **Zumba**
- 10:00AM Barre

### SUNDAY

- 11:00AM Stretch & Flex
- 12:00 PM **BODYPUMP**
- 1:00 PM Zumba

#### RESERVATIONS

Reservations are required for Kids Corner & Prenatal Yoga



#### NEWS BLASTS

Stay up to date on area specific updates such as class cancellations and unplanned area closures.



#### CLASS DESCRIPTIONS

For full class descriptions, please visit the website or scan here:



#### KID'S CORNER

Reservations required.

Monday-Thursday: 8-11am and 5-7pm

Friday: 8-10am

Saturday: 9-11am

